

Goodness and Kindness Prayer:

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Loving Savior,

Help me to live your goodness and kindness each day here at DSHA.

Remind me that my actions express who I am even more than my words.

May I love as you love.

Let me be good to those who wish me harm, forgive those who need forgiveness, and reach out in kindness to all I meet so they can experience the unconditional love of God.

Set our hearts on fire for you.

Holy Mary, Mother of the Savior, pray for us.

Blessed Francis Jordan, pray for us.

Jesus, help me be the goodness and kindness.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

The goodness and kindness of Jesus, our Savior, comes from the Bible, Titus 3:4. This passage is foundational to the values of the Sisters of the Divine Savior and is our guiding principle. This is the passage we heard last week at Mass, and it appears in the mission of the SDS and in our own DSHA mission.

Goodness and Kindness Meditative Prayer

Have I lived the goodness and kindness of Jesus each day here at DSHA? Am I kind to my peers, friends, parents?

Do I consciously understand that my actions express who I am even more than my words? Have you posted something hurtful or insensitive on social media?

Gossiped about a classmate? Or was just plain mean? Do I maintain academic integrity, or do I cheat on my work?

Do I love as you love? Does my body language reflect goodness and kindness or do I use this as a way of conveying negativity? Do I see our differences, including differences in perspective, as beautiful or do I use them as boundaries?

Am I good to those who wish me harm? When someone commits a transgression against me, how do I respond? Do I retaliate? Hold a grudge?

Have I forgiven those who need forgiveness? Do I offer love to those who have sinned or who made a mistake? Have I missed opportunities to ask for forgiveness when I've made a mistake?

Do I intentionally reach out in kindness to all I meet so they can experience the unconditional love of God? Do I offer to help a classmate struggling with a concept? Do I reach out beyond friend group lines to include others? Do I work to make sure everyone feels a sense of belonging here at DSHA?

Do I align my heart on fire towards You? Through this prayer, do I stop before I act, in person or on social media, and ask myself, "what would Jesus do?"